



Sample Checklist

- Helmet
- Hydration Pack
- Knee, Elbow armour
- Gloves
- Glasses
- Bug repellent
- Spare tube(s) & pump
- Energy bar(s)
- Light system
- ...bike.

Trail Notes

The trails in the South March Highlands are rough, rocky technical trails. The type descriptions are given as relative to one another versus any standard as may be applied elsewhere. Mountain biking has inherent risks. Know your limits and always ride in control.

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Please follow IMBA Rules of the Trail.

1. Ride on open trails only.
2. Leave no trace.
3. Control your bicycle.
4. Always yield trail.
5. Never spook animals.
6. Plan ahead.

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South March Highlands & Kanata Lakes Trail Network

| TRAIL NAME | Approx Length, Type |
|---------------|---------------------------|
| 2nd line ext. | varies Easy, smooth |
| Fast out | 1km Easy, smooth |
| F.B.I.T. | 2km Easy, moderate |
| F.B.O.T. | 2km Easy, moderate |
| Rockhopper | 1km intermediate, rough |
| Pasture | 3km intermediate, rough |
| P.W.T. | 2.5km intermediate, rough |
| Ridgetop | 3km Hard, Technical |
| Annex | .5km Hard, Technical |
| Outback | 6km Very hard, Technical |